

Beat the Heat...cool ways to thrive after 45



Talking Book Awareness Day ► The week of August 17

Program in a Box #3

Agenda

- As people arrive, issue “[show](#)” tickets for those over 45 to be served a treat and get their prize.

5 minutes: Introductions

- Welcome audience
- Introduce any “dignitaries”
- Brief remarks about the purpose:
 - Beat the Heat — Thriving after 45
 - Only those 45 and over have been invited today. We knew you were jealous of all our Summer Readers getting treats & prizes so we decided to have a day for treats & prizes for older “kids” too.
 - You might be concerned about a loved one who isn’t as active as they once were because visual impairment or another disability. Or maybe you are concerned about yourself.
 - As you know, whenever a person is going through a life change, it’s stressful. But it doesn’t mean you have to give up one of the best pleasures in life—reading. After our brief presentation on [your topic by speaker’s name], visit our display on how the library can help keep your mind active, have a treat and get a prize!

20 minutes: Presentation

- This could be longer than 20 minutes, but be sure and leave time for questions.

30 minutes: Refreshments served (ice cream to go with the sunglasses)

- Everyone invited to see TBS and library display materials.
- Everyone gets sunglasses!
- Everyone enjoys the treats!

Vision Loss Sound Bites

- > Most people don’t realize they are legally blind until they try to get their driver’s license renewed
- > Cataract development starts showing up at age 55
- > 1 in 28 people in the U.S. have a visual impairment.
- > Your librarian can sign the application for folks who want to join the Talking Book Service. It’s free for those with vision loss.

Link to Resources

[Poster Insert Template](#)

Poster [PDF](#)

[Community Partners](#)

[Presentation & Speaker Ideas](#)

Graphics: [Maud](#); [TBS Logo](#)

[Show Ticket Template](#)

Application ([PDF](#) or [Survey Monkey](#))

[Press Release](#)